

Summer 2015

# Patient News Update

## New publications from SIGN

### **SIGN 142: Management of osteoporosis and the prevention of fragility fractures**

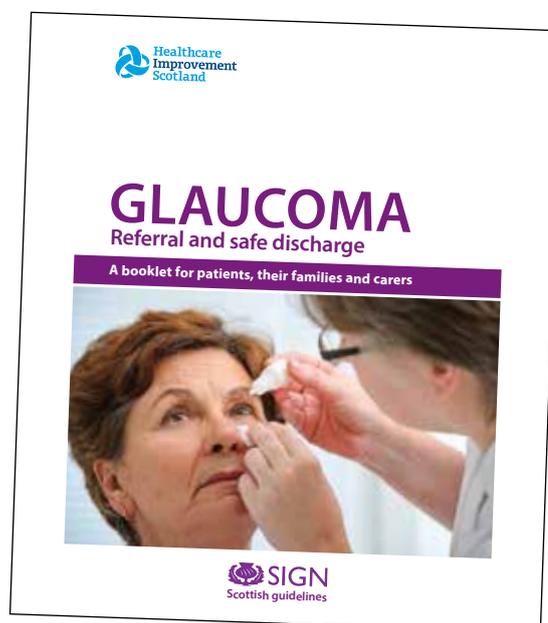
This guideline provides evidence-based recommendations for best practice in the management of osteoporosis and prevention of fractures.

It covers risk factors for fracture, commonly-used tools for fracture risk assessment, approaches to targeting therapy, pharmacological, and non-pharmacological treatments to reduce fracture risk in different patient groups, treatment of painful vertebral fractures and systems of care.

### **SIGN 143: Diagnosis and management of epilepsy in adults**

This guideline covers all aspects of diagnosis and management of adults with epilepsy including a completely revised section on epilepsy and women's health and new sections covering psychiatric co-morbidity, sleep, and mortality (including sudden unexpected death in epilepsy).

SIGN worked with representatives from Epilepsy Scotland and Epilepsy connections to ensure patients and carers were widely represented on this guideline.



### **SIGN 144: Glaucoma referral and safe discharge**

This guideline provides evidence-based recommendations on the primary-care examination and assessment of patients with suspected glaucoma.

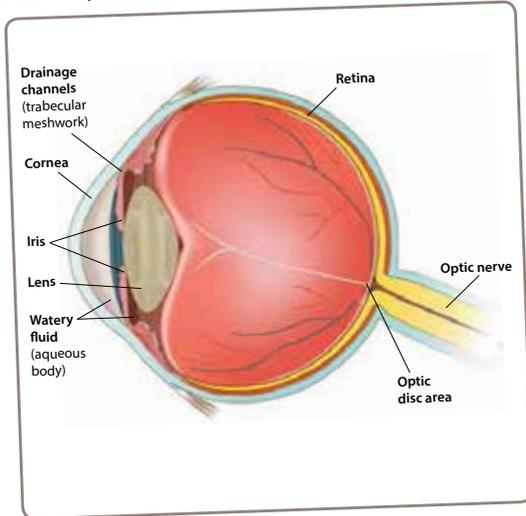
Best-practice guidance is provided on which patients should be referred into secondary eye-care services.

This guideline also provides guidance on which patients may be discharged from secondary care and safely followed up in the community.

We have produced an accompanying patient version of this guideline which was developed with members of the International Glaucoma Association (IGA). Other patients also took part in the consultation process.

The patient version was launched at an IGA patient event in May and was welcomed by those attending.

Normal Eye



The patient version can be downloaded from our website [www.sign.ac.uk/pdf/PAT144.pdf](http://www.sign.ac.uk/pdf/PAT144.pdf) or you can order a hard copy by phoning 0131 623 4720.

### Review of existing patient versions

Patient versions of the following guidelines are being updated to reflect the revisions to the clinical guidelines:

SIGN 93	Acute coronary syndromes
SIGN 94	Cardiac Arrhythmias for coronary heart disease
SIGN 95	Management of chronic heart failure
SIGN 96	Management of stable angina
SIGN 97	Risk estimation and the prevention of cardiovascular disease
SIGN 98	Assessment, diagnosis and clinical interventions for children and young people with autism spectrum disorders

Keep an eye on our website or facebook page for the consultation drafts.



### SIGN 100

SIGN 100: a handbook for patients and carers has been updated to reflect changes to SIGN's methodology and patient involvement processes.

Although this handbook is for patients and carers involved in the development of guidelines, others may be interested in reading this.

If you are interested in finding out more about us and our guidelines, why not take a look? [www.sign.ac.uk](http://www.sign.ac.uk)

### Presenting evidence-based health information to patients and the public

#### Update on DECIDE project

In our last newsletter we highlighted the work of the DECIDE project ([www.decide-collaboration.eu/](http://www.decide-collaboration.eu/)).

SIGN is a leading partner in this project which aims to develop and test new ways of presenting research information in guidelines and tailoring these to the information needs of the public, patients and their carers, as well as clinicians and policymakers.

One of DECIDE's objectives was to get feedback from patients and consumers on a new and improved way of presenting information from the SIGN guideline on glaucoma.

Using initial findings from DECIDE user-testing on how patients and consumer prefer to see information from guidelines, a new design for a patient version of the SIGN guideline on glaucoma was created. In April we carried out formal 'think aloud walkthrough' user-testing interviews with patients from across Scotland.

## What are the risk factors for glaucoma?



### Age

Glaucoma becomes more likely as you get older (over 40).



### Ethnic background

People of African, Afro-Caribbean and Asian origin, have a greater chance of getting glaucoma.



### Short-sightedness

People who are short-sighted are more at risk of getting glaucoma.



### Medical history

If you have diabetes or high blood pressure, you are at more risk of getting glaucoma.

Findings relate to: acceptance of 'chunking' information; use of graphics and charts to convey meaning and use of symbols to promote understanding of information. Other feedback relates to the appearance and attractiveness of information including the use of colours and fonts.

For patient versions of guidelines to be helpful for patients and consumers, they should highlight the information most important to patients using an appropriate design which has been tested with users of health information.

The full findings will be presented to delegates at the Guidelines International Network conference in October 2015 by Karen Graham.

## Awareness Volunteers

Thank you and farewell

We have recently seen the retirement of two volunteers, Ronald Parsons and Robert Bell. Both have been committed to raising the profile of SIGN and raising awareness of our guidelines. We would like to thank Ronald and Robert for their commitment and enthusiasm over the years. We have enjoyed working with them.

## Raising awareness of SIGN during Freshers' Week

A few of our volunteers will be raising awareness of SIGN with students during Freshers' Week. There will be a stand displaying our publications at Forth Valley College on 24th September. Materials will also be on display in the health and wellbeing area of Orkney College from 7th – 9th September.

## Would you like to hear more about SIGN?

Our Awareness Volunteers would be happy to come along to any informal or formal event to tell you about SIGN. Let us know if you would like to hear from our volunteers. Email Karen at [karen.graham2@nhs.net](mailto:karen.graham2@nhs.net)

## Why not post to our facebook page?

Perhaps you are looking to share an interesting piece of work that you think others may be interested in or perhaps you are looking for patients and carers to become involved in your work?

Our facebook page is a community page which means you can post directly to it. Let's get more people involved!



SIGN Patient Network on Facebook

[www.facebook.com/SIGNPatientNetwork](http://www.facebook.com/SIGNPatientNetwork)